

Monday		Tuesday		Wednesday		Thursday		Friday	
<div><p><i>July</i> 2016</p><p>Frederick Senior Center</p><p>301.600.1048 for meals 301.600.1605 for Info</p></div>								<p>Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Groceries For Seniors -1p Pickleball w/instructor -2-3p Pickleball open courts – 3-4p</p>	
<p>Have a Safe and Happy Independence Day!</p> <p>Center and Dept. of Aging offices are Closed</p>		<p>4</p> <p>ILR Watercolor class# - 10a Strength Training – 11a Mah Jongg – 11.30a Indoor Picnic – 12n Chair Yoga – 12.30p Bingo – 12.30p Watercolor Club – 1p Kidney Smart – 1p</p>	<p>5</p> <p>Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* – 1.30p</p>	<p>6</p> <p>Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Brain Games – 12.30p COA orientation – 1p Knitting Club – 1.30p Tai Chi* 1.30p</p>	<p>7</p> <p>Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Pickleball w/instructor -2-3p Pickleball open courts – 3-4p</p>				
<p>Strength Training – 9.30a SRC Book Club – 10a M&M Exercise – 11a Honors Class# - 11a Making Ice Cream – 12.30p Cards & Games- 12.30p Zumba Gold*- 4.30p</p>		<p>11</p> <p>Strength Training – 11a Mah Jongg – 11.30a Italian Cold Cut Sub Day* - 12n Chair Yoga – 12.30p Bingo – 12.30p Watercolor Club – 1p</p>	<p>12</p> <p>Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* – 1.30p Supper & Speaker: Intro to Medicare* - 5p</p>	<p>13</p> <p>Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Scattergories – 12.30p Knitting Club – 1.30p Tai Chi* 1.30p</p>	<p>14</p> <p>Strength Training – 9.30a Trip to Jimmy Cantler's Riverside Inn* - 9.30a – 3.30p M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Pickleball w/instructor -2-3p Pickleball open courts – 3-4p</p>				
<p>Strength Training – 9.30a M&M Exercise – 11a Make & Take Craft Time - 12.30p Cards & Games- 12.30p Zumba Gold*- 4.30p</p>		<p>18</p> <p>ILR Watercolor class# - 10a Strength Training – 11a Mah Jongg – 11.30a Chair Yoga – 12.30p Bingo – 12.30p Watercolor Club – 1p</p>	<p>19</p> <p>Strength Training – 9a Bridge# - 9a Intro to Medicare* - 9.30a Rummikub – 10a Spanish Class 10.15a Computer Discussion Grp – 10.15a M&M Exercise – 11a Baked Potato Bar* - 12n Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* – 1.30p</p>	<p>20</p> <p>Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Health Talk w/Nurse Steve - 12.30p Knitting Club – 1.30p Tai Chi* 1.30p</p>	<p>21</p> <p>Trip to National Capital Trolley Museum* - 9am – 3.30p Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Pickleball w/instructor -2-3p Pickleball open courts – 3-4p</p>				
<p>Strength Training – 9.30a M&M Exercise – 11a Celebrating July Birthdays with Hot Fudge Sundae Day – 12.30p Cards & Games- 12.30p Zumba Gold*- 4.30p</p>		<p>25</p> <p>Strength Training – 11a Mah Jongg – 11.30a Chair Yoga – 12.30p Bingo – 12.30p Watercolor Club – 1p FCHD Health Improvement Forum – 1.30p</p>	<p>26</p> <p>Strength Training – 9a Bridge# - 9a Rummikub – 10a Picnic @ Brunswick Center* 10a – 2p Spanish Class 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* – 1.30p</p>	<p>27</p> <p>Center and Dept. of Aging offices are Closed for Staff Development Day</p> <p>Bookmobile – 1p</p>	<p>28</p> <p>Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Pickleball w/instructor -2-3p Pickleball open courts – 3-4p</p>				
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*Pre-Registration Required.

#Participation limited, call for details.

Fees may apply for some classes and programs.